



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09216, Orange peel, raw

Report Date: June 30, 2017 16:14 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor: 3.36 Nitrogen to Protein Conversion Factor: 6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 6g	1 tsp 2g
Proximates						
Water	g	72.50	--	--	4.35	1.45
Energy ^a	kcal	97	--	--	6	2
Energy	kJ	405	--	--	24	8
Protein	g	1.50	--	--	0.09	0.03
Total lipid (fat)	g	0.20	--	--	0.01	0.00
Ash	g	0.80	--	--	0.05	0.02
Carbohydrate, by difference	g	25.00	--	--	1.50	0.50
Fiber, total dietary	g	10.6	--	--	0.6	0.2
Minerals						
Calcium, Ca	mg	161	--	--	10	3
Iron, Fe	mg	0.80	--	--	0.05	0.02
Magnesium, Mg	mg	22	--	--	1	0
Phosphorus, P	mg	21	--	--	1	0
Potassium, K	mg	212	--	--	13	4
Sodium, Na	mg	3	--	--	0	0
Zinc, Zn	mg	0.25	--	--	0.01	0.01
Copper, Cu	mg	0.092	--	--	0.006	0.002
Selenium, Se	µg	1.0	--	--	0.1	0.0
Vitamins						
Vitamin C, total ascorbic acid	mg	136.0	--	--	8.2	2.7
Thiamin	mg	0.120	--	--	0.007	0.002
Riboflavin	mg	0.090	--	--	0.005	0.002

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 6g	1 tsp 2g
Niacin	mg	0.900	--	--	0.054	0.018
Pantothenic acid	mg	0.490	--	--	0.029	0.010
Vitamin B-6	mg	0.176	--	--	0.011	0.004
Folate, total	μg	30	--	--	2	1
Folic acid	μg	0	--	--	0	0
Folate, food	μg	30	--	--	2	1
Folate, DFE	μg	30	--	--	2	1
Vitamin B-12	μg	0.00	--	--	0.00	0.00
Vitamin B-12, added	μg	0.00	--	--	0.00	0.00
Vitamin A, RAE	μg	21	--	--	1	0
Retinol	μg	0	--	--	0	0
Vitamin A, IU	IU	420	--	--	25	8
Vitamin E (alpha-tocopherol)	mg	0.25	--	--	0.01	0.01
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Lipids						
Fatty acids, total saturated	g	0.024	--	--	0.001	0.000
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.001	--	--	0.000	0.000
16:0	g	0.021	--	--	0.001	0.000
18:0	g	0.001	--	--	0.000	0.000
Fatty acids, total monounsaturated	g	0.036	--	--	0.002	0.001
16:1 undifferentiated	g	0.005	--	--	0.000	0.000
18:1 undifferentiated	g	0.032	--	--	0.002	0.001
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.040	--	--	0.002	0.001
18:2 undifferentiated	g	0.029	--	--	0.002	0.001
18:3 undifferentiated	g	0.011	--	--	0.001	0.000
18:4	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 6g	1 tsp 2g
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Phytosterols	mg	34	--	--	2	1
Amino Acids						
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0

Footnotes

^a The Atwater factors for fruit were used to calculate energy; however, the digestibility of peel is unknown.